

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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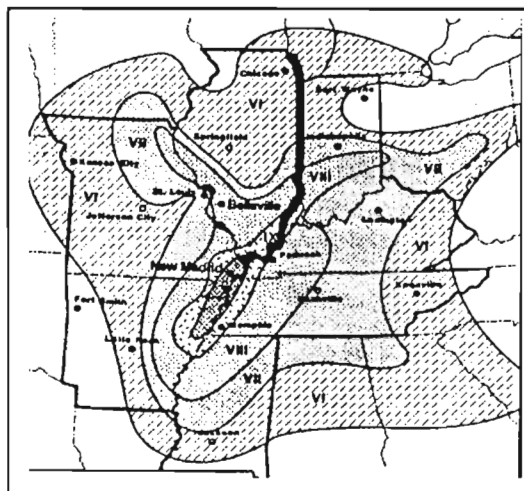
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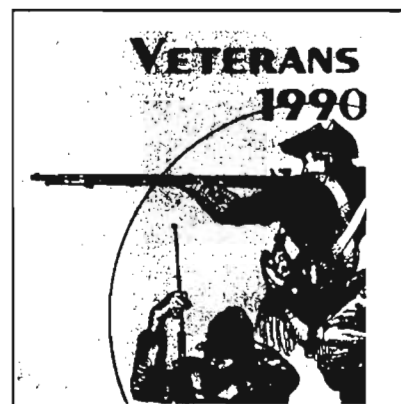
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Corbin's Comments by Col. James E. Corbin



Whoops! Kenny asked me for my article yesterday and, guess what, about three weeks somehow have passed! Sorry about that Kenny. Next time go to press without the article.

It looks like that Budget fiasco is about to settle down. We came out in good shape in everything except O&M. We have a bit more than last year,

but not enough to run a decent program. No RIFs. No Furloughs. So relax. But recognize that we are not going to be able to do as good a job as we wish to do. The tragedy of the O&M picture is that the lakes, which suffer the most, are "The Corps of Engineers" to the American people. The navigation business is basically transparent - out of sight and out of mind. Thus, when we cut back or slow down at the lakes, we significantly hurt all aspects of the District, Division and USACE efforts. The people we have to deal with in the USFWS, EPA and the States on our Planning, Engineering, Construction

and Navigation missions are the same ones we deal with at the Lakes and Riverlands on our Recreation and Environmental missions. With 17 million visitors (visits) using our recreational facilities, guess where our partners (the States) and the elected leaders in Congress want us to spend our money? You got it - The Lakes! We really do enjoy inflicting needless pain on ourselves sometimes. Hang in there gang. It will work out. The political process (the will of the people in the Midwest) will ultimately force the right result in spite of current policies.

On another note, the Under Secretary of the Army, Mr. John Shannon, visited us last week! That's the Assistant Secretary of the Army's (Civil Works) boss and the number two person in the Army. It was an information trip. He wants to understand the Corps' civil works function better. Took him to the Mel Price Locks and Dam project; briefed him on the Division and District ongoing missions. It's quite a "feather in your collective caps" that, of the 39 districts available, he came to St. Louis and your district to learn about the Corps. Just goes to prove what I've been telling you: You're doing a great job! Keep it up!

Final note: Stay out of the rumor mill. No RIFs! No Furloughs!

See you next month!



**US Army Corps
of Engineers**
St. Louis District

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District raises \$1,952 to fight Multiple Sclerosis

On September 8th and 9th nine District riders bicycled 150 miles, from Wentzville to Columbia, Missouri, and raised \$1,952 for the Gateway Area Chapter of the Multiple Sclerosis Society. Our team was participating in the Society's annual MS-150.

About 900 riders participated in this phase of the state-wide bicycle tour raising more than \$245,000 for the cause.

More than 125 District employees sponsored the team this year. More than 80 percent of the money raised came from those employees. A big **THANK YOU**

to everyone for your sponsorship.

Next year the team hopes to have more riders. Spouses and children are welcome as team members. Even if you are not a rider, volunteers have a wonderful time operating rest stops and preparing meals to serve the riders.

If you are interested in participating next year, contact any of the following riders: Stan Ebersohl, Tim George, Sig Groetsch, Greg Hempen, Leanne Crouch or Doris Miano.

Again, thanks from the whole team!

Shelbyville holds 14th Annual Eco-Meet

Lake Shelbyville held its 14th Annual Eco-Meet on October 4. The Eco-Meet, an ecology competition for area schools, is designed to teach students in grades 4 through 12 about the environment and be fun at the same time. Park Ranger Larry Gutzler organized the event for the seventh straight year.

This year teams representing 28 communities competed. Teams of students represented their school in three different divisions: Nature Sleuth (grades 4-6), Junior Varsity (grades 7-8), Varsity (grades 9-12). An Eco-Meet team consists of a team coach and four students.

Each team competes in three events. Three team members compete in each event. The top

three teams in each division were awarded an acorn plaque.

Students from Eastern Illinois University volunteered a day of their time to assist with scoring and monitoring events. Teams came from as far as 100 miles away to compete.

The competition was held at the Camp Camfield Environmental Study area in the northern part of Lake Shelbyville about five miles from Sullivan, Illinois.

Some of the events held include Wildlife Ecology, Waterfowl, Animal Tracks and Signs, Edible and Medicinal Plants, Fish Ecology, Forest Trees of Illinois, Game Birds, Reptiles of Illinois, Prairie Ecology, Insects and many many more.

Secretary Page awarded medal

Assistant Secretary of the Army for Civil Works, Robert W. Page, received the Department of Defense Medal for Distinguished Public Service in a ceremony on October 15 at the Pentagon. The award is the highest Department of Defense award given in peacetime.

During the ceremony, which was hosted by Secretary of the Army, Michael P.W. Stone, Mr. Page was recognized for his extraordinary leadership and vision in overseeing the Corps' Civil Works Program and as Chairman of the Board for the Panama Canal Commission from December 1987 to October 1990.

Mr. Page retired on October 15, 1990.

CAC Cookbooks

The Civilian Activities Council Cookbooks are here. Pick up your copy from Norma Hall or Diadra Henley in Room 3.206.

They're just in time for Christmas, or maybe just for yourself. And only \$6.

Thank you

I would like to take this opportunity to thank each and everyone of my fellow co-workers and staff members who contributed leave to me during my recent illness and hospitalization. Your generosity helped tremendously in my time of need.

Again I thank you and my family thanks you.

Carolyn Foster, CELMS-DC



Gary White is District Handicapped Employee of the Year

Gary White, on the staff at Lake Shelbyville, has been named the 1990 St. Louis District Handicapped Employee of the Year. Col. Corbin presented a plaque to Gary at the District's Disability Awareness Program.

Gary was born with a birth defect that left the major tendons in both his legs shorter than normal. Because of this, he cannot extend either leg fully and must walk with limited movement.

Even though his work standards have specific limitations, he has amazed everyone by constantly exceeding them. His co-workers contend he is one of the hardest workers on the force.

Gary's duties include carpentry, plumbing and concrete work. He also operates heavy equipment and does the succession mowing for the wildlife department. Although Gary doesn't mind discussing his disability, he refuses any special treatment or outside help with his work.

He has successfully completed the Fit-To-Win program and one of his favorite hobbies is bicycling. With special straps on his bike to keep his feet from slipping off the pedals, Gary rides 25 miles a day!

Gary lives in rural Tower Hill, Illinois, with his wife, Dee, and their ten month old son Nicholas.

Gary is another example that proves the point that hiring the handicapped is just good business.



Gary White erects a hunting sign on public land at Lake Shelbyville.



Promotions & Incentive Awards



PROMOTIONS:

John Branson, OD
Mary Daher, CT
Morris Dirnberger, ED
Natta Gill, BC
Michael Kruckeberg, OD
Sharon Leeker, IM
Paul Olson, ED
Rochelle Ross, ED

EXCEPTIONAL PERFORMANCE RATINGS:

Kenneth Allensworth, OD
Tamara Atchley, ED
David Berti, OD
Thomas Bloor, OD
Gary Buckholtz, OD
David Busse, ED
Laurie Busse, ED
Charles Caldwell, CD
Peter Coleman, OD
Steven Dierker, OD
Bruce Douglas, CD
William Fauke, OD
Walter Feld, OD
Howard Fields, OD
Chuck Franco, PA
Edward Franz, CD

Nancy Gerth, IM
Bruce Grau, OD
Brenda Hamell, PO
Bobby Hughey, ED
Arthur Johnson, ED
Randy Jones, OD
Raymond Kopsky, ED
Deborah Krems, CT
William Levins, RE
Jean Lindhorst, DE
Tonette Long, OD
Walter Ohar, OC
Paul Olson, ED
Rosemary Puricelli, DC
Edward Riiff, ED
Oleva Robinson, PO
Richard Siemons, ED
Deanne Strauser, PM
Linda Werner, OD
Robert Wich, ED
James Worts, ED
Donna Zoeller, ED

QUALITY STEP INCREASES:

Deborah Krems, CT

SPECIAL ACT AWARDS:

John Baker, IM
Michael Banovz, IR

Charles Birdsong, OD
Cevero Boyer, OD
Michael Brazier, ED
Joan Brickey, CT
Linda Collins, OD
Leanne Crouch, OD
Kevin Curran, OD
Judith Griffith, LM
Emmett Hahn, OD
Lawrence Hamilton, ED
David Harley, PO
Diane Jones, RE
Ronald Jones, IM
James Kuehnle, ED
John Naeger, ED
Vivian Ratliff, LM
James Reed, ED
Joe Rodenbaugh, OD
Kenneth Rogers, LM
Helen Schleipman, DC
Ronny Singleton, IM
Bradley Stamp, OD
Dennis Stephens, ED
John Stewart, PO
Lawrence Williams, OD
Edward Bond, DC
Barbara Collier, LM
Gary Groenemann, SO
Carole Pitzer, IM

Christmas Dinner Dance

This is another reminder for those who still haven't purchased tickets to this year's Christmas Dinner Dance. November 30 is the last day tickets will be available. Or until 350 have been sold.

The Dance is December 8th at Andre's Banquet Facilities, 4254 Telegraph Road (about half a mile south of the Royale Orleans where we've held it in the past).

The cost is a phenomenally tiny \$10 per person. That includes

dinner, open bar and dancing to live music.

Purchase tickets from: Diadra Henley (EEO), room 3.206, Riley Pope (PD-F), L 18-4, Mary Ann Dostal (OD-E), 4-G-2, or Pat Hosford (CD-QT), B-15.



On the Soapbox

Telling the District's story this month were:

Around the District

Gary Dyhouse (ED-H) spoke to a University of Missouri-Rolla class on River and Harbor Engineering. He also gave three lectures to a Sedimentation Engineering class, held at the Waterways Experiment Station dealing with sediment yield analysis performed for Corps projects.

Ray Kopsky (ED-HP) gave a presentation to a River and Harbor Engineering class at the University of Missouri-Rolla on "People and Practicality in Water Management."

Greg Hempen (ED-GG) did a live talk show on radio station KZIM Cape Girardeau about earthquakes, their results and how to prepare for them.

Col. Corbin spoke to the Mississippi River Parkway Commission's 52nd annual convention in LaCrosse, Wisconsin, about the Corps and Environmental Engineering.

John Naeger (ED-D) and Warren Jones (IM-D) spoke to Col. Sam Thompson, professor of Geographic Information Systems at West Point, about how the District uses CADD. Alan Berman and Mike Hamm (ED-D) demonstrated our CADD capabilities and Richard Astrack (PD-U) spoke to him about the District's future

using GIS technology.

Terry Norris (PD-A) spoke to 100 5th graders from St. Margaret/Mary School on Archaeological Heritage of St. Louis. He also spoke to 70 6th graders from Woerther Elementary School in Baldwin, Mo. and to 100 5th graders from Meramec Heights School in Fenton, Missouri, about the Archaeology of Metro St. Louis.

Claude Strauser (ED-H) spoke to the 94th annual conference of the National Association of Water Companies. He discussed the Missouri River Basin and its impact on the Mississippi River. His talk was part of a seminar on "Midwestern Water Supply. He also was the luncheon speaker at the monthly meeting of the Society of American Military Engineers. He discussed the 1811-1812 earthquakes that occurred along the New Madrid Fault on the Mississippi River.

Jim Bissell (RO-L) spoke to about 100 members of the Florissant Rotary Club about the construction of Melvin Price Locks and Dam.

Riverlands Office

Area Manager Pat McGinnis and Dr. Ray Breun (IPA on Riverlands staff) addressed the members of the Riverbend in the 90s planning effort during a breakfast meeting in Alton. In addition, they discussed the potential for tourism along the river with a group of business people at the Lewis and Clark College.

Pat McGinnis also will appear on a segment of the Missouri Department of Conservation program "All Outdoors" which will air on St. Louis Channel 11.

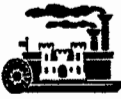
Assistant Area Manager Dan Erickson, Ranger Ron Fisher and Mark Hall (IPA on staff at Riverlands) hosted over 100 employees of the Missouri Department of Conservation - Wildlife Division on a tour of the Environmental Demonstration Area.

Tours of the Melvin Price Locks and Dam during October include: 75 members of the Silver and Gold Club of Redbud with Larry Kennedy and Kathy Weir of the Riverlands staff and Lenn Martin of RO-L; the Nokomis, Illinois, 7th Grade with Ranger Anne Vieira and Larry Kennedy; 50 members of the 23rd Navy Battalion with Kathy Weir and Anne Vieira; 30 members of the Institute of Electrical Engineers with Raghupathy Bollini of ED-DM; the Grain Elevators and Processing Society with Sig Groetch and Jim Bissell of RO-L; 25 members of the 50 Plus Group of Alton with Anne Vieira; and a group of Lions Club members with Corps retiree Milt Walter.

Carlyle Lake

Park Ranger Lawrence Williams discussed recreation at Carlyle Lake and possible employment with the Corps of Engineers with 25 students and faculty members at Southern Illinois University - Edwardsville.

Park Rangers Lawrence Williams and Angela Hasenfuss conducted several programs on



Birds of Carlyle Lake for the Case-Halstead Library in Carlyle, for about 50 students and parents. The two also spoke to 150 students and teachers from Carlyle Grade School about the construction of Carlyle Lake.

Mark Twain Lake

"Woodsy" (Park Ranger Becky Ebbing) and Diane Hellhake staffed the Mexico Parenting Fair, sponsored by Parents as Teachers, to promote family fun at Mark Twain Lake.

"Woodsy" (Park Ranger Becky Ebbing) was the Parade Marshal during the Elsberry, Missouri, Parade.

Park Ranger Chuck Crocker provided tours of the Cannon Power Plant to 25 members of the Upper Mississippi River Conservation Committee during their three day conference at the M.W. Boudreaux Memorial Visitor Center, and to 20 members of the First Baptist Church of Palmyra.

Chuck also took 15 second graders from St. John's Lutheran Church on a nature hike on tree identification and seasonal changes.

Chuck Crocker and Cannon Power Plant Mechanic Kevin Long have been working with Kevin's Webelos troop from Monroe City toward the Conservation Award patch and certificate for the Webelos.

Wappapello Lake

Park Manager Mike McClendon spoke to the Three Rivers Junior College Marketing/Management Club. Mike related his personal experiences in management, time management and employee relationships.

Assistant Park Manager Gary Stilts attended an end of year

picnic sponsored by the Lutheran Church Camp. He spoke to church board members. He also represented the Corps and spoke at the ceremony to dedicate the raising of Highway D south of Greenville. This 800 foot stretch of road was raised about six feet in response to past flooding.

Park Ranger Dan Camden spoke to 30 Naylor High School "Upward Bound" students. He discussed Corps history, mission objectives and facilities available at the lake.

Lake Shelbyville

The Eagle Creek Clarion Inn was the site of the Illinois Association of Highway Engineers conference where Ranger Al Lookofsky spoke to 41 members on the shoreline erosion study. Later in the day, 80 members of the conference toured the dam and visitor center. Tour guides were Rangers Leanne Crouch and Jim Homann. Electrician Ken West was on hand to answer some of the more technical engineering questions.

Park Ranger Leanne Crouch participated in Eastern Illinois University's Career Day and Park Ranger Maria Shafer participated in Lake Land College's Career Day.

Park Rangers Leanne Crouch and Dee Carlock took 65 students from Arthur Mennonite School on a tour of the dam and visitor center.

Rangers Al Lookofsky and Maria Shafer both took part in Teacher's Institute Day held in Vandalia. Al spoke on promoting learning through Indian technology and Maria familiarized teachers with Lake Shelbyville's Eco-Meet.

Ranger Maria Shafer assisted in instructing 30 students on hunter safety at the course held at the lake by the Illinois Department of Conservation and the Corps.

Al Lookofsky, Mike Skinner and Maria Shafer each appeared on

WSHY Radio on the Talk of the Town Show. Topics were wildlife and hunting opportunities, shoreline erosion, recreational opportunities and fall and winter activities at the lake.

Rend Lake

Park Rangers Mike Edwards and David Smothers staffed a display at the National Hunting and Fishing Day Celebration at John A. Logan College in Carterville, Illinois. The display emphasized the Corps efforts in wetland enhancement and management. More than 5,000 people attended the two day affair.

More than 60 kindergarten children from Sesser-Valier Grade School were lead on a fall nature hike on the Blackberry Nature Trail at Rend Lake by Park Rangers David Smothers and Mike Edwards.

Park Rangers Mike Edwards, Rachel Garren, Kim Mayhew, David Smothers and Ray Zoanetti presented 15 programs on fire safety to more than 500 Franklin County third-graders. The programs were part of the Franklin County 4-H "Operation Safe-Kid" program.

Park Ranger Ray Zoanetti took 55 DuQuoin 4th graders on a tour of the Visitor Center.

Park Ranger Rachel Garren talked to a Southern Illinois University at Carbondale Recreation class on job opportunities with the U.S. Army Corps of Engineers.

Park Rangers David Smothers, Kim Mayhew and Diane Fritschle, along with Woodsy Owl and Smokey the Bear appeared in the Christopher, Illinois, Halloween Parade.



Quake may be coming

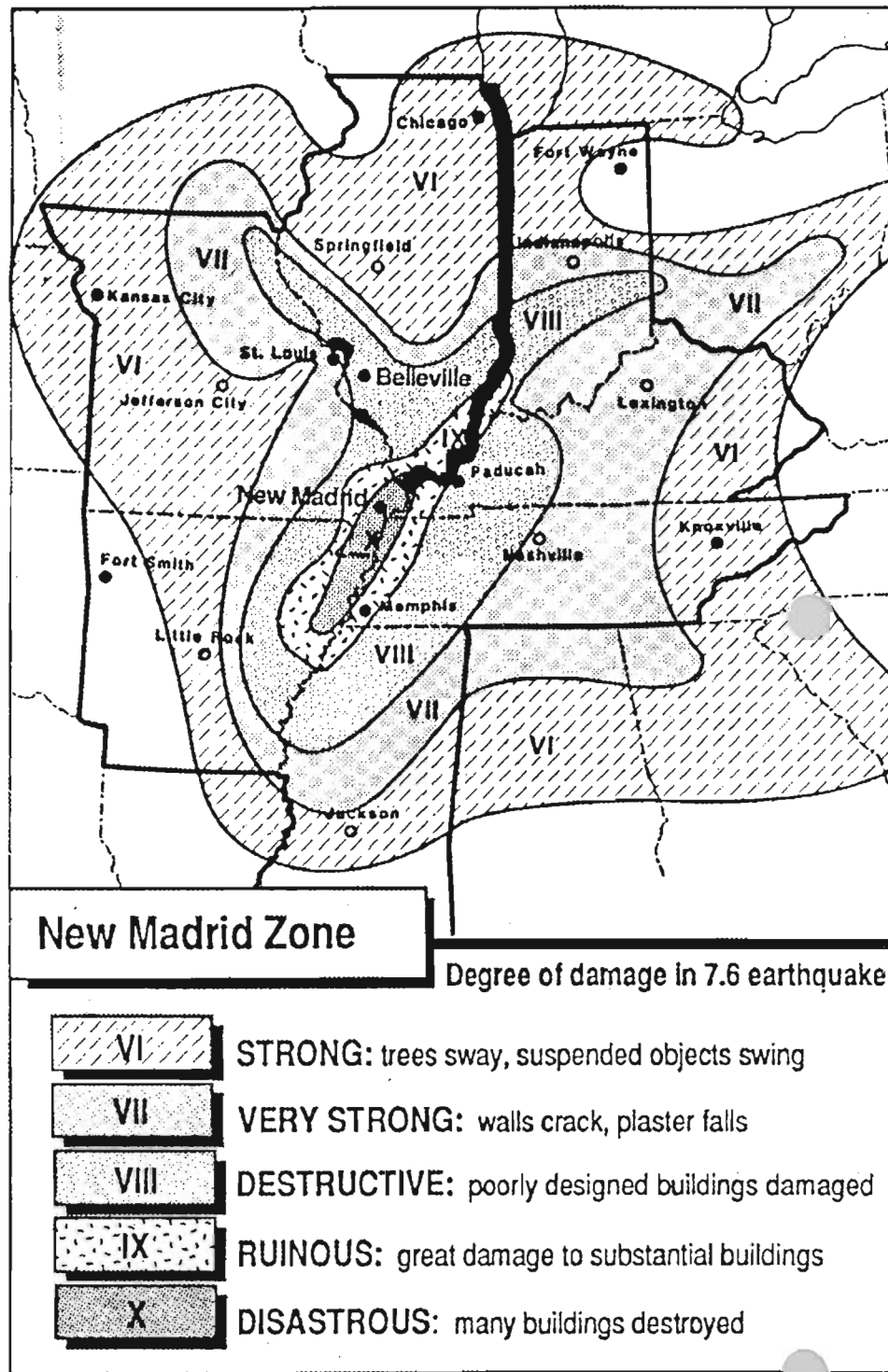
The Metro-St. Louis area is sitting on a seismic time bomb.

Scientists say that a violent earthquake could occur along the New Madrid fault - one of the most active and dangerous faults in the world - by the end of this decade. They say there's a 50-percent chance a major earthquake, measuring 6 to 8 on the Richter scale could rip the area.

Although St. Louis doesn't sit directly on the fault line, a quake still could devastate much of the area, experts say.

Major earthquakes hit about every 90 years along the New Madrid fault, scientists say. So we're due for another one.

Scientists have defined the area most likely to be damaged by a major quake as the New Madrid Zone, which extends from southern Mississippi to mid-Illinois. The New Madrid Zone is broken into degrees of damage a major quake would cause. The map shown here delineates the amount of damage scientists think will occur, and in what areas, during a 7.6 earthquake.





Safety tips

Before an earthquake:

- * Decide how and when your family will reunite if separated.
- * Choose an out-of-state friend or family member that separated relatives can call after the quake to report their whereabouts and condition.
- * Keep a list of emergency phone numbers.
- * Strap down water heaters.
- * Secure wall hangings to the wall with self-adhesive fabric.
- * Store glassware in enclosed cabinets.
- * Secure kitchen-cabinet doors with childproof locks.
- * Anchor high or top-heavy objects.
- * Store glass bottles, china or other breakables in low, closed cabinets.
- * Secure overhead lighting fixtures.
- * Teach each member of the household how to shut off the electricity, gas and water at main switches and valves.
- * Maintain emergency food, water and other supplies, including a fire extinguisher, flashlight, battery-operated radio, extra batteries, first aid supplies, blankets and extra clothing. And don't forget to store extra food for your pets.

During an earthquake:

- * Stay calm - think through the consequences of any action you might take.
- * If you are inside, stay there; if you are outside, stay there. Most earthquake injuries occur as people are entering or leaving buildings.
- * Indoors: Take cover under a heavy desk, table, bench, in a

NEWS BRIEFS

Baby Curran

It's a boy! Jeremy William Curran was born to Maureen and Kevin Curran of the Mark Twain Lake staff on September 28th. He weighed in at 8 lbs 15.6 oz. Congratulations.

Association honored

Rend Lake Promotions, Inc., a not-for-profit association, was presented a plaque by the President's Council for its efforts in the promotion of tourism in Illinois.

Park Ranger Rachel Garren, a member of the RLP board, and board member Alice West attended the Fall Tourism Conference in Peoria, Illinois, to accept the award.

Retirement party

Two recent retirees from the Rend Lake staff were given a going away party at the Sleepy Hollow Youth Area. Glen Collins and Paul Holder enjoyed an afternoon of good-natured kidding. Both will be missed by the Rend Lake staffers.

After an earthquake:

- * Stay calm.
 - * Check for injuries. Apply first aid. Do not move seriously injured people unless they are in immediate danger.
 - * Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utility off at the source.
 - * Check food and water supplies. Emergency water may be obtained from water heaters, melted ice cubes, toilet tanks and canned vegetables.
 - * Be prepared for aftershocks.
 - * If you evacuate, post a message inside your home telling family members where you can be found.
- supported doorway or along an inside wall. Stay away from glass. Don't use candles, matches or other open flames during or after a quake because of possible gas leaks.
 - * In a high-rise building: Get under a desk or similar heavy furniture. Do not dash for exits - stairways may be broken and jammed with people. Never use elevators.
 - * Outdoors: Move away from buildings and utility wires. The greatest danger from falling debris is just outside doorways and outer walls. Once in the open area, stay until the shaking stops.
 - * In a moving car: Stop as quickly as safety permits, but stay in the vehicle.



VETERANS DAY

1990

Seventy-two years ago a momentous event took place in a land far from America's shores. The guns of a world war were at last silenced, and, once again, "all was quiet on the Western Front." Finally, the Great War to Save Democracy - the War to End All Wars - was over. It was the 11th hour of the 11th day of the 11th month. The year was 1918.

Before the guns stopped though, 116,000 Americans had died in that terrible war. But they were not forgotten. One year later, President Woodrow Wilson proclaimed November 11th as the date to honor them. The occasion was called Armistice Day.

Since that time, both the scope and the name of this holiday have changed. Originally intended to recognize just those who had died in World War I, today it honors American veterans, both living and dead, from every war and time period. Appropriately enough, we now know this holiday as Veterans Day.

So, we gather to do what Americans have proudly done for decades. We take time to pay our respect to those who served our country, and served it well, while members of our Armed Forces. And in doing so, we also reaffirm

our faith in this nation and the principles for which it stands. We show our love for America and for those who've protected it for more than two centuries.

Desire alone does not guarantee the existence of freedom. Desire must be coupled with the will to act no matter what the personal consequences.

The world events of recent months make that point clear. The people of Eastern Europe have finally overcome their

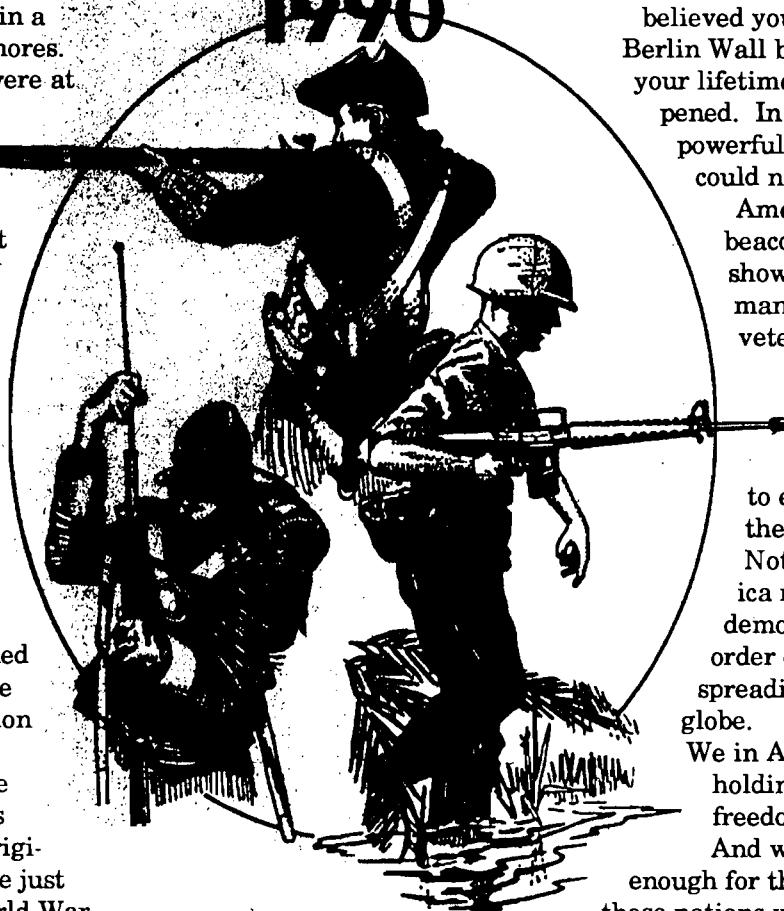
oppression. How many ever believed you would see the Berlin Wall being torn down in your lifetime? Yet it happened. In the end, the powerful urge for freedom could not be defeated.

America was the beacon of light that showed the way. Over many years our veterans helped preserve that light and kept it burning when others wished

to extinguish it. Now the results are clear. Not only does America remain free and democratic, but a new order of freedom is spreading across the globe.

We in America are still holding that torch of freedom and justice.

And we hold it high enough for the world to see. To those nations who want to move toward the light, we offer a helping hand. But to those who would extinguish it, we will resist... now and always. That must be our pledge. We owe our veterans, and the generations that follow us, nothing less.





Great American Smokeout Nov. 15, 1990

By Evelyn D. Harris
American Forces Information
Service

Research has shown that smokers don't perform as well as non-smokers on military fitness tests, and that makes smoking a military readiness issue, said Navy Lt. Cmdr. Tim Taylor, head of the DoD anti-tobacco working group.

"As a former smoker myself, I know how hard it is to quit. Smoking is an addiction, not just a habit," said Taylor. "I feel healthier and have more endurance now."

Nov. 15 is the 14th Great American Smokeout Day, during which smokers will try not to light up for 24 hours. The idea is that if smokers can get through one day without smoking, they may be encouraged to quit permanently.

Taylor quit, "cold turkey," though it took three attempts before he succeeded. Once he stopped for six years. It's been three years since his last smoke, and he thinks he's made it this time. He has a lot of company. According to the U.S. Surgeon General's 1990 report on smoking, 38 million Americans - more than half of all living adults who ever smoked - have quit. Like Taylor, many of them tried more than once to quit before they succeeded.

Although it's never easy to quit,

military people and DoD civilians will get a little extra support on Smokeout Day, Taylor said. The American Cancer Society has given the services kits containing posters, buttons, balloons, T-shirts and "Adopt-A-Smoker" certificates to provide encouragement to those who want to quit.



This year, the American Cancer Society's goal is to help one in every five smokers quit for the day. Last year, 17.9 million people, or 35.9 percent of the nation's smokers, took part, and about one-third were able to stay off cigarettes for 24 hours, according

to the society.

Some cancer society tips on quitting:

- * Picture yourself as successful. Promise yourself you won't smoke.
- * Plan how to deal with stressful situations without lighting up.
- * Have healthy snacks on hand and eat rather than smoke. Sugarless gum, carrot sticks, fresh fruit and unbuttered popcorn are good choices.
- * Drink lots of liquids, but try to avoid coffee, caffeinated soft drinks and alcohol - they can increase the urge to smoke.
- * Get lots of exercise - it will relieve tension and reduce the urge to smoke.

U.S. government has information for you

Did you know that you can get a copy of any bill being considered in the U.S. Congress? To get copies of specific bills, write to the Senate Document Room B-04, Hart Office Building, Washington, D.C. 20510; or the House Document Room, U.S. Capitol, H-226, Washington, D.C. 20515.

To write your Congressperson at his or her Washington office, write House members at The Capitol, Washington, D.C. 20515, or write to Senators at The Capitol, Washington, D.C. 20510.

To call Washington offices of congresspersons, call (202) 224-3121.

To get rates on T-bills, notes, bonds and instructions on how to buy them, call (202) 287-4113.

Big Mac as an economic indicator

An executive of Deutsche Bank in New York says Big Mac prices are a good way to calculate a currency's worth. By determining a currency's purchasing power based on Big Mac prices, he concludes that Hong Kong, Singapore and Yugoslavian currencies are greatly undervalued.





To your health

Nov., National Diabetes Month

B complex combats stroke

There are millions of people with diabetes in North America. Generally this complex disorder can be controlled so those who have it can live a near-normal lifestyle. It is manageable, but diabetes and its complications can be deadly.

Its gradual onset is hardly noticed. At first there are few if any symptoms, but even at this stage damage to vital organs is beginning.

The number of undiagnosed cases of diabetes is estimated to be almost as great as the number of cases being treated at any given time. Type II, or maturity onset diabetes, may give few clues to its presence until it develops into a more serious case.

During the month of November, the National Diabetes Association suggests that everyone who is even remotely at risk for the disease have a blood test to find out if their body is processing sugars correctly.

The most likely candidates for this condition are men and women in their middle years, usually beginning about age 40, who are overweight and have a history of diabetes in the family. Family history is one of the most significant indicators of risk, for example:

- * If one of your grandparents had diabetes, you have a 14 percent chance of developing the disease.

- * If one of your parents (but no other relative) had diabetes, you have a 22 percent chance of getting it.

- * If one of your parents (or an aunt or uncle) had diabetes, *and* one of your grandparents had it, your chances of developing the disease jump to 60 percent, according to statistics by The Upjohn Company.

With early diagnosis, treatment may only be common sense changes in diet and the addition of exercise to your life. In other words, living the way you should be living anyway. But even early cases may require an easy-to-take pill each day.

If you're in the risk group, but "feel fine," get a blood sugar analysis anyway. You could be a hidden diabetic. If you are, now is the time to take control of your future.

New research suggests that the B complex vitamins may be a stroke preventer for some persons.

A metabolic defect that can lead to blood vessel disease and increase stroke risk has been corrected with B complex in some persons, particularly with the use of B6, B12, biotin and folic acid.

A report in the American Heart Association journal says B complex has been shown to reduce levels of homocysteine in the blood. New evidence shows that even mildly elevated levels can damage blood vessels and lead to hardening of the arteries and its related complications.

If there is a history of strokes in your family, B complex is for you.

Poison ivy still toxic after the leaves fall!

If you recognize the three-leaf pattern of poison ivy, it's easier to avoid. After the leaves fall, vision won't warn you, and your only protection is a pair of gloves and a long-sleeved shirt.

Spotting poison ivy in early fall is easy. You have the leaves - and the greenish-white berries to warn you. When the leaves are gone and the vines are brown, however, there are no clues. Then protecting the skin is vital. Dried poison ivy vines can be mixed in with bushes, near fences and against house foundations.

The allergic reaction is produced by a chemical called urushiol, which is the oily part of the resin that sticks to clothing, skin, shoes and garden tools.

After working in your yard, take a shower and launder your clothes well to remove traces of the resin. Clean your tools with strong soapy water, wearing gloves to do the job.

If you burn garden refuse, stay away from the smoke. It may contain the resin and cause a rash to break out wherever it touches your skin.



November is National American Indian Heritage Month

By Rudi Williams
American Forces Information
Service

November marks the first time a month has been set aside to recognize the heritage and culture of America's first people. A joint congressional resolution designates the month as National American Indian Heritage Month.

"As we near the 500th anniversary of the 'discovery' by Columbus of American Indians, the time has come for American Indians, the original peoples of this land, to be honored and recognized by our country with the designation of a National American Indian Heritage Month," said Sen. Daniel K. Inouye of Hawaii, chairman of the Senate Select Committee on Indian Affairs. In the past, Indian heritage celebrations were limited to a day or a week.

Planners chose November because it is the most festive month of the year in American Indian communities across the nation. Indians conduct such activities as fall harvest ceremonies to give thanks for a good year's crop, world renewal ceremonies, powwow, Navajo Yei-Bei-Cheii dances, Plains Indians' buffalo dances and various feasts.

Inouye praised American Indians' contributions to the defense of the nation, saying, "This will be a time to honor our native veterans who have served this country in numbers which far

exceed their representation in the U.S. population. Furthermore, more than 50 percent of all Indians serving this country served in combat arms - a rate far higher than other segments of the population."

For example, said Inouye, "Without the food supplied by the Indians, George Washington and his troops would not have survived the winter at Valley Forge. The Indian code talkers saved this country during World War II. Many American Indians on active duty today are currently serving in the Persian Gulf."

The resolution reminds Americans that such concepts as freedom of speech, the separation of powers in government and the balance of power within government were found in political systems of various American Indian nations. They went on to become part of the U.S. government.

Rep. Ben Nighthorse Campbell, of Cheyenne heritage, noted that when he joined the Air Force Security Police Corps in 1952, "There was no special acknowledgement of Indian heritage and culture in those days. Indians have served clear back to the Revolutionary War and Civil War, and they served as military scouts in the 1800s. My granddad died in 1936, and his gravestone was provided by the military. The Cheyenne Tribe has one of the largest VFW posts in the nation. Indians are very patriotic, even though they got stomped about as bad as the blacks. The Cheyenne even fly the American flag during



their traditional sundance. The veterans wear their old military uniforms with medals and Indian feathers.

"Indian people from reservation areas really have very little opportunities for jobs, education or training," said Campbell, a gold medalist in judo in the 1963 Pan American Games. "Serving in the military will give them a chance to see the world, meet different people and get an education. I think more and more Indians are looking at serving in the military to get an education or make a career of it."

The quincentennial (500 year) celebration of Christopher Columbus' voyage to the New World will be 1992. Inouye said Indian heritage month can be used to enlighten people about the event. "American children have been taught, for generations, that Columbus discovered America, but it was American Indians who were there to greet him," he said.



Retiree Review

Attendance at the October luncheon was, again, a disappointing 27 people. Through July of this year we were running 33 to 43. No one seems to have an explanation for the fall-off. Its a shame because everyone who attends seems to have such a good time.

We had one First Timer with us in October. Milt Walter, recent retiree from Construction Division, was accompanied by his wife, Wanda.

For the first time this year, Howard Beinke ('65) was not present, so Senior Retiree Present honors went to Ray Rinkle, who retired in 1970. Remember, the SRP is not necessarily the oldest, just the longest retired.

Charlie Denzel joined us, as OJT for retirement.

Also with us, after missing twice, were Stan and Marlene Wiseman.

Old standbys Stiles and Cuddeback were also there, as was Homer Duff, the quietest anyone could remember him being.

Mary Ann Dostal and Bill Stroud were there, representing the CAC. Mary Ann was selling/delivering SLD Recipe Books -- and thanking the retirees, again, for submitting so many recipes. Bill extended a hearty invitation to the CAC-sponsored Christmas Dinner Dance.

Undoubtedly, details on the latter appear elsewhere in this issue, but retirees should be aware that:

* This is the best bargain around, at \$10 per person, and...

* The "still-working" folk really seem to enjoy greeting and talking with the retirees who attend.

Everyone is urged to be at the November luncheon and to purchase their tickets (which are strictly limited).

Last, but far from least, Jack Niemi again represented the District. Jack briefed us, in more detail, as to how the District plans to cope with the budget crunch. He then proceeded to give us a slide presentation on overall District programs and workload. This included a brief review of the '70s and '80s, an overview of plans for the '90s and the FY91 program in some detail. It was well received.

So, a good time was had by all, but we really would like to see a somewhat larger group each month.

Plan to attend and urge others to meet you there. It remains, as traditional, the Third Thursday (the 21st in November). And it still convenes around 11 a.m., at the Salad Bowl on Lindell.

We should have the details in hand, at the November luncheon, on the Christmas Special Luncheon in December (Traditionally a somewhat more elaborate affair than the regular monthly get-together). Last year, attendance was decimated by bitterly severe weather, but the Salad Bowl staff was more than gracious about the whole thing. Let's do better this year.

CAW

Mr. Julius A. Hummel, Sr., who retired from the St. Louis District in Dec. 1981, celebrated his 50th wedding anniversary on October 12 at a party given by his children.

Accident summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES - OCTOBER 90: None
Total accidents for FY91: None
Total accidents for FY90: Thirteen

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - OCTOBER 90: One
Total accidents for FY91: One
Total accidents for FY90: Eight

GOVERNMENT VEHICLE ACCIDENTS - OCTOBER 90: None

Total vehicle accidents for FY91: None
Total vehicle accidents for FY90: Five

LAKE FATALITIES - OCTOBER 90: None
Total lake fatalities for FY91: None
Total lake fatalities for FY90: Five

Carlyle Lake - 1
Lake Shelbyville - 1
Rend Lake - 2
Wappapello Lake - 1



Holiday turkey tips

By following a few simple guidelines, the turkey placed on the table this Thanksgiving will be nicely browned and succulent, instead of underdone or overdone, say U.S. Department of Agriculture poultry experts. Overlooking basic health precautions when preparing a turkey and its accompanying dishes can cause food poisoning.

Wash anything that touches raw poultry with soapy water before it's used again to prevent the spread of any bacteria. This includes hands, utensils and kitchen counters and sink.

Picking out a turkey for the meal is not as simple as it used to be. Now the decision is whether to buy fresh, frozen, frozen and stuffed, or precooked bird. Each type has specific time requirements for thawing and cooking.

If you buy a fresh turkey, buy it no more than one to two days before cooking. Refrigerate it at 40 degrees Fahrenheit or colder. A frozen bird should stay in the freezer at 0 degrees or colder

until it's time to thaw it. Cook it as soon as it is thawed, officials say. Don't keep it in the refrigerator after thawing.

Thawing a frozen bird in the refrigerator can take from one to five days, while thawing it in cold water may take anywhere from four to 12 hours. The length of time and the power level for thawing in a microwave oven are provided with its instruction manual.

After thawing the bird, remove the neck and giblet package from inside it and wash the bird inside and outside with cold water. Allow it to drain well.

Stuff the turkey loosely just before cooking, allowing about three-quarters of a cup of stuffing per pound of bird. The dressing's dry ingredients may be mixed ahead of time, with the perishable ones added just before stuffing the bird. As soon as the turkey is done, remove the dressing.

The turkey's inside temperature should reach at least 180 degrees Fahrenheit, which will cook the dressing. Directions for cooking

times and temperatures are available in basic cookbooks or on the bird's wrapper.

Times for roasting a turkey vary, depending on the bird's size and if it's stuffed. A stuffed bird takes longer to cook. For example, at 325 degrees, an unstuffed, 16-pound turkey takes from 3 1/2 to 4 1/2 hours to cook, while a stuffed bird the same size needs 4 1/2 to 5 1/2 hours in the oven.

Refrigerate leftover turkey within two hours after cooking. The best way to store turkey is to divide leftovers into small portions and store in several small containers. Turkey stored in the refrigerator will keep for three or four days, but leftover dressing should be eaten within two days. Eat frozen leftover poultry or dressing within a month.

For information on how to buy, cook, carve and use leftover turkey call the Department of Agriculture's poultry hotline at 1-800-535-4555.

Have a joyful Thanksgiving Day

The first recognized Thanksgiving festival in North America was held hundreds of years ago, 379 years ago this year to be exact.

Pilgrims and their Indian friends who feasted together that day were very different from us - and very much the same. They were different because their times and their experiences made them so. They were the same because, like us, they were giving thanks to the Heavenly Father for good things that had come to them.

They were people who shared their blessings and joys, just as we are. The Pilgrims were sharing the harvest feast. The Indians had shared their knowledge of survival in the wilderness. Our own celebration may not be as intense as theirs. One of their greatest joys was that they actually had survived the previous year. Still, we have much to be thankful for, and much to share.

We have another common bond with the first celebrants. They were the producers of their own goods and food. But we produce as

well. Though we may have no farm and no spinning wheel, our labors still feed and clothe our families.

May you have a joyful Thanksgiving day whether it is spent with a dozen others or in quiet thanks. And remember your link to that historical time.

Let us be thankful for the joys and blessings of the past year and pray for courage to create another year when we can again give thanks for our blessings.

Employees of the District. 9-25-90

I wish to thank everyone in the District for a wonderful opportunity to serve for 30 years plus. We met many challenges and succeeded. You are all dedicated professionals. Even the little people - who always perform in a professional manner. You are the backbone of the Organization.

Thank you for the kind words and moments. It's been fun.

(P.A. I would appreciate some short note in this Dife Bulletin thanking everyone)

A note of appreciation
because you've been especially kind.

Thanks Very Much

Pete Pirruelli